

**Lancaster Lebanon Wrestling Coaches Association  
Future Varsity League  
By-Laws**

**Article I: Organization**

- A. The Lancaster-Lebanon Wrestling Coaches Association – Future Varsity League (FVL) will be composed of member teams, with new teams being admitted or removed by a simple majority of votes by member teams in attendance at the annual league meeting.
- B. The LLWCA - FVL is not a sanctioning body. No membership fees are assessed. Its sole function is to provide a forum for general sameness among member teams, with respect to age, weight categories, and wrestler ability.
- C. The FVL will be overseen by an Executive Director and a Committee of Coaches from the Lancaster Lebanon Wrestling Coaches Association which is made up of the varsity head coaches of the Lancaster-Lebanon League.
- D. The Executive Director will be a member of the Lancaster-Lebanon Wrestling Coaches Association and appointed to serve in this role by the officers of the Lancaster-Lebanon Wrestling Coaches Association for a two-year tenure. Approval will be by majority vote of the members of the Lancaster-Lebanon Wrestling Coaches Association.
- E. The Committee of Coaches meant to assist the Executive Director in overseeing the FVL will be additional members of the Lancaster Lebanon Wrestling Coaches Association and also appointed by the officer board of the Lancaster Lebanon Wrestling Coaches Association. The committee should consist of at least 3 coaches. Approval will be by majority vote of the members of the Lancaster-Lebanon Wrestling Coaches Association.
- F. The role and function of the Executive Director and Committee of Coaches is to schedule the annual meeting for no later than October 15 and, if necessary, a second meeting no later than November 15 and prior to scheduled meets. Member teams should have at least two weeks' notice as to date, time, and place of each meeting.
- G. The purpose of the annual meeting is to establish member teams, set competition schedules, suggest and make improvements as needed to the FVL, and work together to grow the sport of wrestling.
- H. Member teams may be represented by more than one representative at the meeting, but are restricted to one vote per team per ballot issue.
- I. There must be more than 50% of the member teams present at the meeting to vote on any amendments to the by-laws.
- J. In case of a tie, the Executive Director shall cast the deciding vote.
- K. The FVL will be limited to sixteen (16) member teams.

**Article II: Eligibility**

- A. Each team may consist of wrestlers in four age categories (as of January 1, said year) in grade levels Kindergarten through sixth grade only, no Jr. High students).
  - a. Bantam           6 years old and under
  - b. Midget           7 & 8 years' old
  - c. Junior            9 & 10 years' old

- d. Intermediate 11 & 12 years' old
- B. Weight Classes are as follows:
  - a. Bantam 40, 44, 48, 52, 56, 60, 65, 73
  - b. Midget\* 45, 50, 55, 60, 65, 75, 90, 110
  - c. Junior\* 55, 60, 65, 70, 75, 80, 85, 90, 95, 105, 120, 150
  - d. Intermediate\* 65, 70, 75, 80, 85, 90, 95, 100, 105, 115, 125, 135, 145, 160, 200  
\* (PJW Weights)
- C. Wrestlers will be able to wrestle up one weight class or one age division in the weight class with parental permission, in order to obtain a match.
- D. League meets should be given priority status. Every effort should be made to honor league commitments.
- E. Wrestlers must reside within one of the Lancaster-Lebanon League school districts to be eligible to participate in league competitions.
- F. Wrestlers may compete in any type of form fitting clothing including traditional singlet, an alternate two-piece uniform consisting of compression shorts or shorts designed for wrestling and a form-fitted compression shirt, along with wrestling shoes or clean sneakers. A headgear is required.

### **Article III: General Requirements**

- A. Each team must submit a roster listing each member by division, name, date of birth, age, weight, and years of experience. Ability levels will be discussed when setting up bouts for league matches. Rosters should be e-mailed to the Executive Director and all member teams no later than one week before the date of the first scheduled League match.
- B. Each home team (host school) of a league meet is responsible for obtaining scorekeepers, timers, an EMT or athletic trainer, and PIAA officials. In the event that PIAA officials cannot be obtained, the next qualified adults will be accepted. All hosting teams must make every attempt to have at least one paid PIAA official available.
- C. The Executive Director and Committee of Coaches will work with the Lancaster-Lebanon League Wrestling Officials Association to help establish coverage for meets and an equitable payment scale, either per hour or per event rate for officials.
- D. Only four (4) coaches are allowed on the competition floor during a meet and only two (2) coaches in the corner of a mat during meets. This is to be enforced by each team.
- E. Admission may be charged by the host team (host school) for each adult (\$5), students grades 7-12 (\$3), with grades 6 and under and competing wrestlers free.
- F. Each member team is permitted to have free admission for up to four (4) designated coaches whose names are provided in advance to the host team (host school).

### **Article IV: Meet Structure**

- A. Each league meet will consist of a least 4 member teams at the site of the host team.
- B. A meeting must take place in advance of the competition date for the purpose of organizing bouts and matching wrestlers up by age category, weight, and experience.
- C. Coaches should work to get each wrestler at least two bouts but no more than 4 bouts in a single competition.

- D. Satellite weigh-ins will occur prior to each league meet. If necessary, a coach (or designee) from an opposing team can (or should be) present to supervise the weigh-ins of an opposing team. All rosters will be signed by the opposing team's coach (or designee) at the conclusion of the weigh-in.
- E. Bout length of league matches is 1-1-1 with OT to follow PIAA rules.
- F. No team score will be kept under this format. The primary purpose is to get wrestlers mat time and experience against opponents of similar ability level.
- G. Individual win-loss records should be kept for each wrestler for the purpose of arranging future league meet match-ups or for future league tournament seeding.
- H. League meets will occur over the course of 5 designated dates at 4 separate sites so that every team has the opportunity to match-up with every other team in the league at least one time. The format will be as follows with team letter designations to occur at the first league meeting:

1. ABCD	EFGH	IJKL	MNOP
2. AEIM	BFJN	CGKO	DHLP
3. AFKP	BELO	CHIN	DGJM
4. AGLN	BHKM	CEJP	DFIO
5. AHJO	BGIP	CFLM	DEKN